



Martin J. Chávez, Mayor

City WellNews

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Tobacco Myths

We've all heard about the dangers of smoking many times. But if what you're hearing still hasn't convinced you to quit, maybe you need to separate the facts from the fiction. Here are 5 common myths about smoking:

Myth 1: Smoking is just a bad habit and quitting is just a matter of will power.

Fact: Tobacco use is an addiction. According to the U.S. Public Health Service Clinical Practice Guideline, nicotine is a very addictive drug. For some people, it can be as addictive as heroin or cocaine. And because smoking is an addiction, quitting is often very difficult.

Myth 2: Other types of tobacco are safer than cigarettes.

Fact: No type of tobacco is safe, including cigarette, pipe, cigar, snuff and chewing tobacco. The majority of oral cancer patients use or have used some form of tobacco.

Myth 3: If you can't quit the first time you try, you will never be able to quit.

Fact: Quitting is hard. Approximately 70 percent of smokers want to quit. It is typical for people to make three or more tries before being able to quit for good.

Myth 4: The best way to quit is "cold turkey".

Fact: Quitting cold turkey has an approximate success rate of only 4 percent, so if this method hasn't worked for you, try something else. The most effective way to quit smoking is by using a combination of counseling and nicotine replacement therapy or non-nicotine medicines.

Myth 5: Quitting is expensive.

Fact: Tobacco cessation treatments may cost from \$3 to \$10 per day; however, a pack-a-day smoker spends almost \$ 1,000 per year.

If you are a smoker or chew tobacco, you probably know by now that quitting tobacco is one of the most important steps you can take to improve your health. Are you ready? Keep in mind that when you want to stop smoking or chewing- or even just find out more about getting ready to quit- there is a lot of help available to you. Both **Presbyterian** and **CIGNA** have programs to help their members stop using tobacco. Whether you have smoked for 20 years or chewed tobacco for 5, we have skilled staff to help you be successful in quitting. In addition to these programs there are resources through the New Mexico Quit Line and American Lung Association that are free to community members. For more information please contact:

Presbyterian, The QUITLINE

1-888-840-5445

CIGNA HealthCare, Quit Today:

1-866-417-QUIT or visit www.myCIGNA.com

American Lung Association, Freedom From Smoking

505-265-0732

New Mexico Tobacco Quit Line

1-800-784-8669 (1-800-QUIT NOW)

INSIDE THIS ISSUE

- 1 Tobacco Myths
- 2 Preventive Screenings: What's the Big Deal?
- 2 August Wellness Tips
- 3 Vegetable of the Month
- 3 Cataracts: Know Your Risk
- 4 Keep an Eye on Your Eyes

Preventive Care Screenings : What's the Big Deal?

Cancer. It's a scary word that has touched most of us-either directly or through a family member. But if detected early, many types of cancer can be treated or prevented. That's why it's so important to have the recommended screenings for breast, colon, rectal and cervical cancer. And if you smoke, try to quit.

Here are some important findings from a recent study done by the American Cancer Society:

- Only 54.9 percent of women age 40 and older had a mammogram in the past year, and 69.7 percent of women over 40 had one in the past two years.
- Smoking among adults and teens has leveled off in recent years, most likely due to increased spending on marketing and promotion by tobacco companies, and reductions in funding for tobacco-control programs.
- Over the past 20 years, the rate of obesity has tripled among teens; from 5 percent to 17.1 percent. Obesity in adults doubled from 15 percent in 1975 to 33.3 percent in 2004!
- Although screenings can cut colorectal cancer deaths in half, less than half of people age 50 and older have had a recent colorectal screening test.
- Too much exposure to the sun will cause more than one million cases of basal and squamous cell cancers; and 59,940 cases of malignant melanoma in 2007.

Cancer experts agree that quitting smoking, maintaining a healthy weight, eating a healthy diet and being physically active are all important steps in preventing cancer. It's all about living with moderation. In fact, 15 percent of cancers are due to lifestyle. For example, obesity increased the risk for breast and colorectal cancer compared with people who are of normal weight.

Talk with your doctor about what screenings you should have based on your age, gender and family history. And take advantage of your health plan's preventive care benefits as a first step toward a healthier lifestyle.

Source: American Cancer Society, Cancer Prevention & Early Detection Facts & Figures 2007

August Wellness Tips

Nutrition Tip

Slimmer toast. The next time you make French toast, use skim milk and egg whites and add flavor with cinnamon.

Fitness Tip

Chair dips. Position yourself on the edge of a sturdy chair. Place your hands on each side of your hips and with your arms, move your hips off the chair. Using your arms, raise and lower your body 12 to 15 times. Rest for a moment and repeat one more time. You will tone and firm your triceps.

Health Tip

Give some attitude...positive, that is. Living well has a direct correlation to a positive outlook. Keep smiling and always try to find the good in life and people.

Monthly Green Tip

Have a Green Summer Cookout

If you're planning a cookout, look for all-natural, sustainably produced charcoal or wood briquettes for your grill.

- **Even better, "fire up" an electric grill.**
- **Serve locally grown foods, snacks and drinks with minimal packaging.**
- **Bring cloth napkins, and reusable dishes and utensils.**
- **If you want to take in fireworks, see if there are any displays in walking distance, or else bike, take public transportation, or carpool.**
- **Don't forget to protect yourself with petrochemical-free sunblock and natural insect repellents.**

Source: [http://nationalzoo.si.edu/Publications/Green Team/](http://nationalzoo.si.edu/Publications/Green%20Team/)

Vegetable of the Month: Edible Cactus



Edible cactus is also known as nopales (no-PAH-les), nopalitos or cactus pads. This vegetable is popular in Mexico and other Central American countries, parts of Europe, the Middle East, India, North Africa and Australia. Its popularity is increasing in the United States where it can be found at Mexican grocery stores, specialty produce markets and farmer's markets.

With a soft but crunchy texture that also becomes a bit sticky (not unlike okra) when cooked, edible cactus tastes similar to a slightly tart green bean, asparagus, or green pepper. Cactus pads contain beta carotene, iron, some B vitamins, and are good sources of both vitamin C and calcium.

Recipe: Sautéed Nopales, Peppers and Corn
Makes 4 servings
Each serving equals 2 cups of fruit or vegetables

Ingredients

1 large red bell pepper
1 large green bell pepper
1 large onion
1 Tbsp trans-fat free butter
4 small ears of small summer corn
½ lb fresh, firm edible cactus, depricked, cut in ¼ to ½-inch dice
finely minced cilantro or parsley

Halve peppers, then remove seeds and stems. Cut into ¼–½ inch squares. Cut onions the same size. Cook both vegetables in butter in a heavy pan over moderate heat until just softened.

Shuck corn, then cut from cob. Add edible cactus and corn to peppers and onion; stir over high heat until vegetables are cooked through, but firm-tender, about 5 minutes. Sprinkle with herbs and serve hot.

Nutritional analysis per serving: Calories 184, Protein 6g, Fat 4g, Calories From Fat 20%, Cholesterol 8mg, Carbohydrates 32g, Fiber 4g, Sodium 29mg.

Source: <http://www.fruitsandveggiesmatter.gov/month/cactus.html>

Cataracts: Know Your Risk

“August is Cataract Awareness month”

What is a cataract?

A cataract is a clouding of the normally clear lens of the eye. It can be compared to a window that is frosted or yellowed.

Are you at risk?

The most common type of cataract is related to aging of the eye. By age 80, more than half of all Americans either have a cataract or have had cataract surgery. All persons 65 and over should be evaluated for cataracts through a comprehensive eye exam every one to two years.

Age is the most common risk factor. You may be at a higher risk of developing cataracts if you:

- Smoke
- Use steroid medications
- Suffered an eye injury
- Have diabetes
- Have had prolonged exposure to sunlight
- Are obese
- Are an alcoholic
- Have a family history of cataracts

If you have any of these risk factors, you should schedule an appointment with your ophthalmologist for an exam.

Cataracts are a common cause of decreased vision, particularly for seniors, but they are treatable. Your ophthalmologist can tell you whether cataract or some other problem is the cause of your vision loss and can help you decide if cataract surgery is appropriate for you.

Source: <http://www.eyecareamerica.org>

CALENDAR OF EVENTS

SPECIAL EVENT

DATE: 8/5/08 TIME: 12:10 PM – 12:50 PM

PLACE: VINCENT E. GRIEGO COUNCIL CHAMBERS

LUNCH TIME WELLNESS SEMINAR:

"THE ART OF MANAGING STRESS"

SPEAKER: DR. ALLEN MINER

SPECIAL EVENT

DATE: 8/6/08 TIME: 12:00 PM – 4:00 PM

PLACE: PLAZA DEL SOL BUILDING, 600 2ND ST NW, ROOM 700

ONSITE ASSISTANCE WITH COMPLETING THE HRA

SPECIAL EVENT

DATE: 8/14/08 TIME: 12:10 PM – 12:50 PM

PLACE: VINCENT E. GRIEGO COUNCIL CHAMBERS

LUNCH TIME WELLNESS SEMINAR:

**"EAT THIS, EAT THAT ... WHAT TO BELIEVE AND HOW TO EAT
HEALTHY FOR A LIFETIME"**

SPEAKER: MARJORIE CYPRESS RN, PhD

SPECIAL EVENT

DATE: 8/14/08 TIME: 12:30 PM – 4:00 PM

PLACE: PINO YARDS, BLDG. F, 5501 PINO RD NE

BUILDING F (CONFERENCE ROOM)

ONSITE ASSISTANCE WITH COMPLETING THE HRA

SPECIAL EVENT

DATE: 8/20/08 TIME: 12:00 PM – 4:00 PM

PLACE: CITY HALL, 4TH FLOOR TRAINING ROOM

ROOM 402

ONSITE ASSISTANCE WITH COMPLETING THE HRA

SPECIAL EVENT

DATE: 8/27/08 TIME: 1:00 PM – 4:00 PM

PLACE: APD ACADEMY, 5412 2ND ST NW

ONSITE ASSISTANCE WITH COMPLETING THE HRA

Topics you would like us to discuss in City WellNews?

Contact:

JD Maes

jmaes@cabq.gov 768-2921

Questions about Insurance & Benefits?

Contact:

**The Insurance & Benefits Office
768-3758**

Keep an Eye on Your Eyes

According to the Glaucoma Foundation, glaucoma is called the "sneak thief of sight" because it strikes without obvious symptoms. Therefore, the person with glaucoma is usually unaware of it until serious vision loss has occurred. In fact, half of those suffering damage from glaucoma are not aware. Currently, damage from glaucoma cannot be reversed.

In a healthy eye, fluid circulates through the eye and normally drains off through a mesh of tissues. If the fluid starts to build up in the eye and does not properly drain off, the increase in fluid pressure damages the optic nerve. If not treated, this may lead to vision loss and blindness. Glaucoma can be chronic, happening gradually over time, or acute with symptoms occurring suddenly.

Everyone should be concerned about glaucoma and its effects, according to the Glaucoma Foundation. It is important for everyone, from infants to senior citizens, to have their eyes checked regularly, because early detection and treatment of glaucoma are the only ways to prevent vision impairment and blindness.

Those especially at risk include persons:

- With a family history of glaucoma
- Over age 45 who have not had their eyes examined regularly
- Who have abnormally high intraocular pressure
- Of African descent
- With diabetes
- Who have myopia (nearsightedness)
- Who have had a previous eye injury
- Have had regular, long-term steroid/cortisone use.

Once the risk is identified, prevention is the next step. Screening for glaucoma is standard in an eye exam. For more information, visit the Glaucoma Foundation at <http://www.glaucomafoundation.org>.

Source: CIGNA HealthCare Well Being